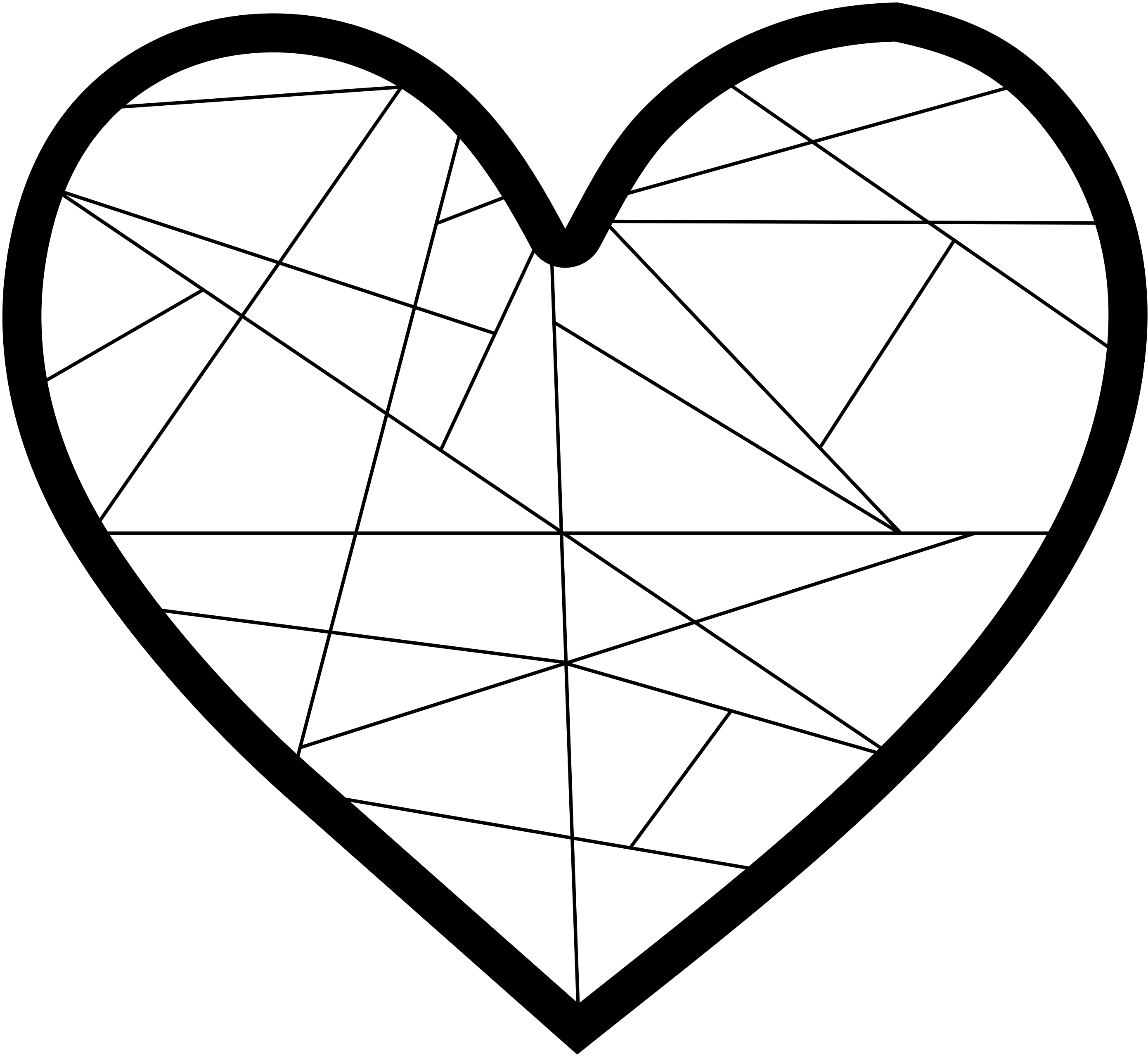


Color Your Feelings

Choose a color that you think represents each feeling below.
Color the heart to show how you've been feeling lately.



- | | | | | |
|----------------------------------|--------------------------------|-----------------------------------|----------------------------------|-----------------------------------|
| ☐ Happy | ☐ Sad | ☐ Calm | ☐ Mad | ☐ Creative |
| ☐ Excited | ☐ Tired | ☐ Hopeful | ☐ Nervous | ☐ Disgust |
| ☐ Curious | ☐ Bored | ☐ Grateful | ☐ Jealous | ☐ _____ |



#ICHAMPIONHEALTH



Color Your Feelings

Choose a color that you think represents each feeling below.
Color the lion where you notice each feeling in your body.

☐

Happy

☐

Mad

☐

Calm

☐

Sad

☐

Excited

☐

Worried

☐

Proud

☐

Tired

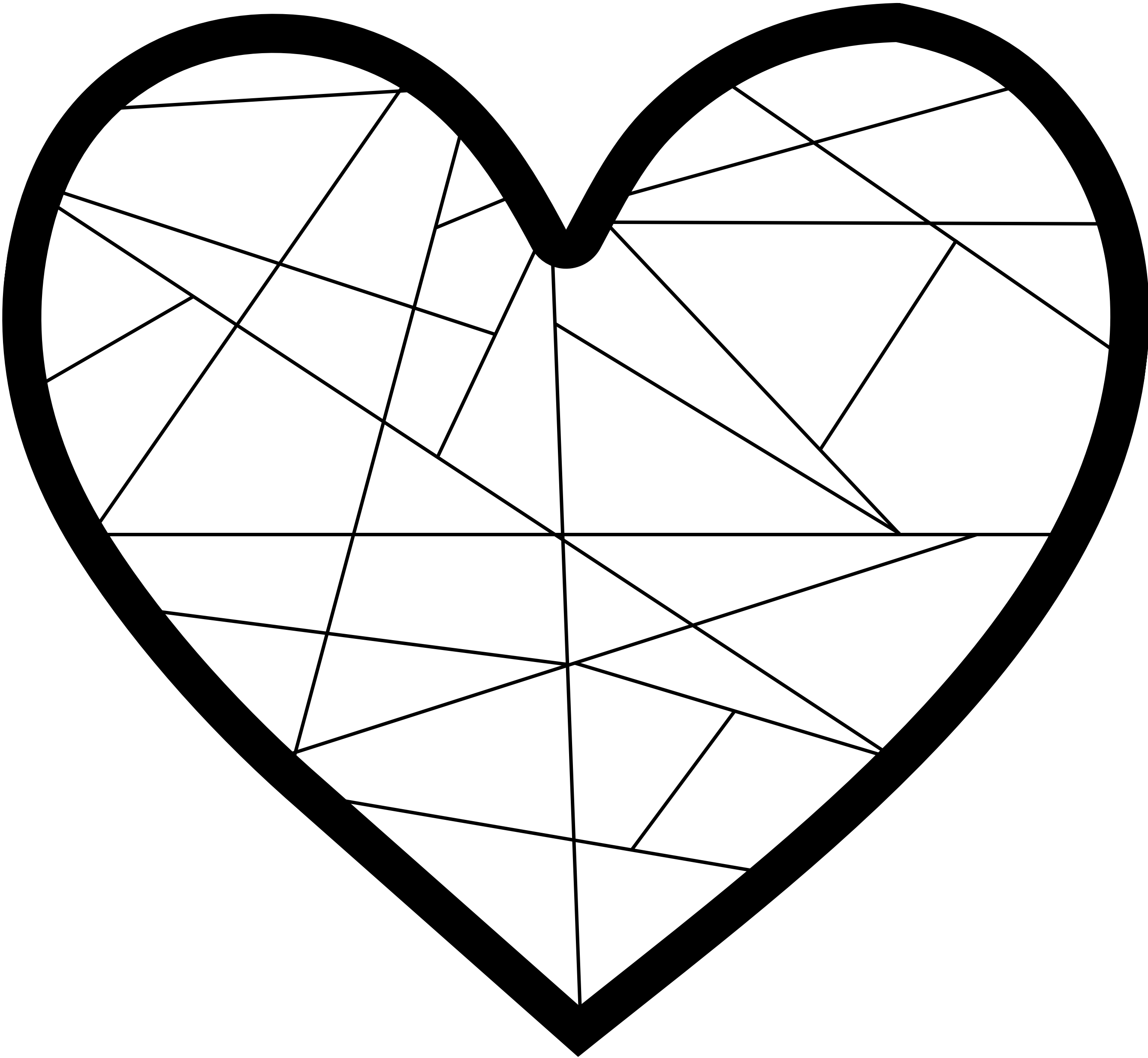


#ICHAMPIONHEALTH



Color Your Feelings

Pick a color that reminds you of each feeling.
Color the heart based on how you have been feeling recently.

☐

Happy

☐

Disgust

☐

Tired

☐

Excited

☐

Sad

☐

Worried

☐

Boredom

☐

Proud

☐

Calm

☐

Joy

☐

Calmness

☐

☐

Excited

☐

Nervousness

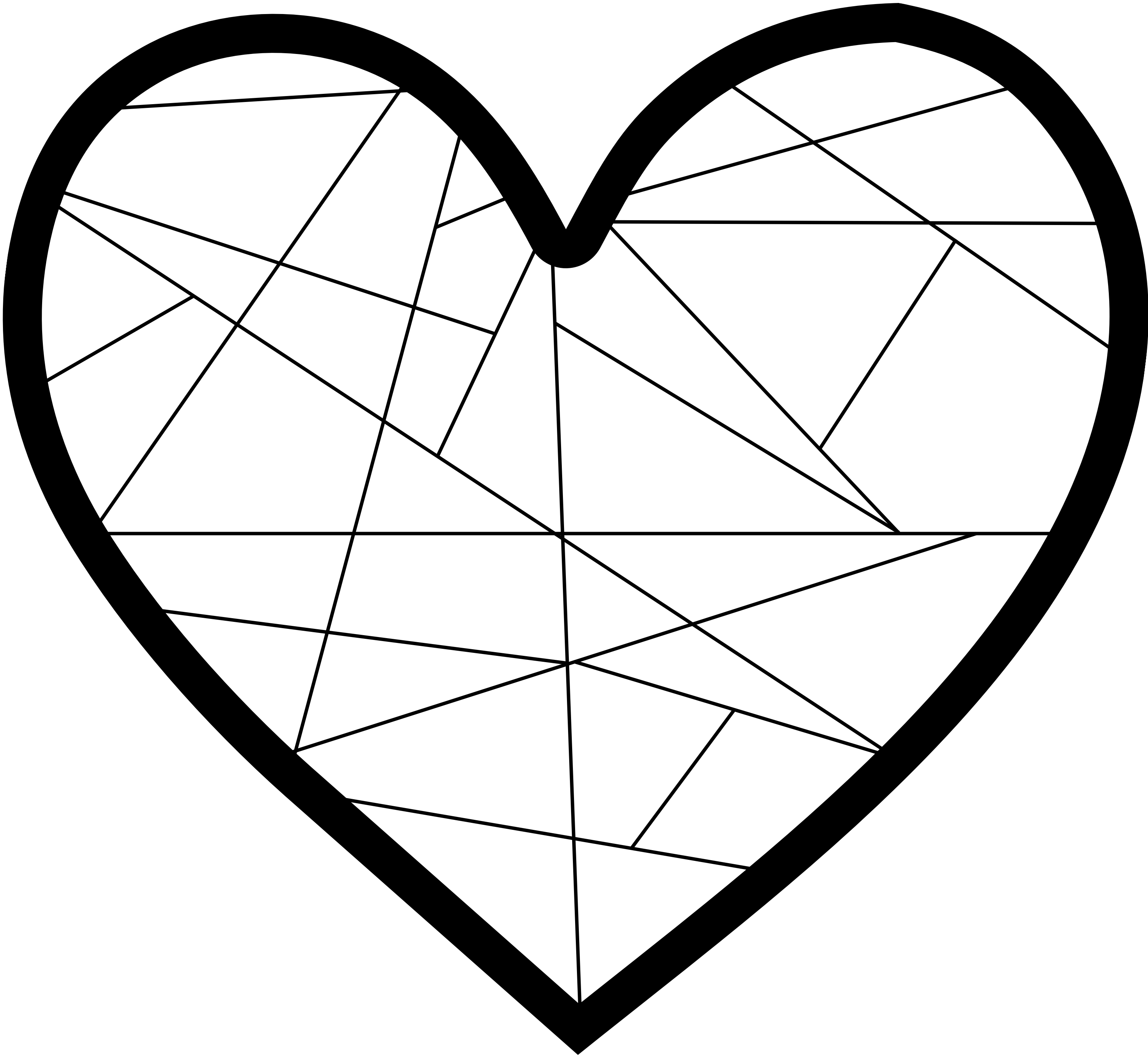
☐

Fear

☐

Color Your Feelings

Pick a color that reminds you of each feeling. Color the heart based on how you have been feeling recently.

☐

Happy

☐

Sad

☐

Calm

☐

Mad

☐

Creative

☐

Excited

☐

Tired

☐

Hopeful

☐

Nervous

☐

Disgust

☐

Curious

☐

Bored

☐

Grateful

☐

Jealous

☐
